

MCCSA Community Voices

► SUMMER 2020



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MCCSA Board

Executive:

Chairperson: Miriam Cocking

Deputy Chairperson: Dr Ian Harmstorf OAM

Treasurer: Silvio Iadarola

Board Members

Daniela Costa

Margota Pukitis

Gosia Skalban OAM

Rajendra Pandey

Nasir Hussain

Patrizia Kadis

Lenard Sciancalepore

COVID SAfe Check-In

COVID SAfe Check-In is a new feature that has been added to the free mySA GOV app.

You can download the mySA GOV app using your smart phone. In the mySA GOV app, select the COVID SAfe Check-In tile when you arrive at a business, venue or event, and follow the prompts to scan their unique QR code and check in.

You are not required to login or sign up for a mySA GOV account to use the COVID SAfe Check-In. You also do not need to provide a driver's licence or vehicle registration details to use it.

Download the app from Google Play or the App Store. If you already have the mySA GOV app, make sure you have the latest version, which may require you to download the app update.

If you do not have a compatible smart phone, a paper record will be available for you to provide your details.

When you first enter the COVID SAfe Check-In tile, you will be asked to fill in your details and mobile number. You will then get a text message with a unique code to enter in to the app. This is to verify your phone number. You will only have to do this once.

**KEEP SA SAFE
WITH COVID SAFE
CHECK-IN**

DOWNLOAD THE mySA GOV APP

Government of South Australia
COVID SAFE CHECK-IN

FROM THE CEO

HELENA KYRIAZOPOULOS



2020 is almost to an end, and what an interesting year it has been, for all of us!

While I reflect on the year that has passed, and what we as individuals, families and communities have experienced, I find myself being grateful for everything that I have, where I live, and the privileges that work has afforded me. I consider myself very fortunate and for this I am thankful.

Australia is often referred to as the lucky country. I believe the past 9 months have certainly proven this to be right. What was once described as “the Tyranny of Distance”, has turned out to be a blessing for us during the pandemic.

Our respective Federal and State Governments and Opposition counterparts, along with our Health Management all certainly stepped up to the task, with strong decisive leadership supporting our community during the crisis, and now in the recovery phase of the pandemic.

To **all** our health workers, who, without hesitation, put their own lives on the line, a very big thank you for all that you have done to help us through this time. Your efforts are greatly appreciated.

I hope that we have all learn’t something from our diverse pandemic experiences over the past months, and trust that these experiences will make us a kinder and more compassionate society.

I should like personally to thank all members for your support this year, although at times it has been somewhat challenging, we have managed to band together for the best interests of Multicultural South Australia.

The Team at the MCCSA are taking a well-earned break over the next two weeks and will be back on deck on the 4th January 2021, refreshed ready for what the New Year has to offer.

Best wishes for the holiday season, and to a happy, healthy and safe 2021!

Helena

Historic Partnership Delivers Information on Disability Inclusion in CALD Communities

We are proud to announce a partner agreement between all State and Territory Ethnic and Multicultural Communities’ Councils across Australia that will deliver information to CALD communities about resources available to support disability inclusion.

Visit the news section on our website www.mccsa.org.au to read more about this program



CALD Communities *Celebrating Christmas*

Just like in many parts of the world Christmas in South Australia is a time of celebration and festivity. Even though, each community group has its own holiday tradition, they do share the common custom of celebrating the birth of Jesus usually accompanied with food, music and dance.

For this edition of community voices Tatiana Chechurova, Russian Women's Association of South Australia "FIRE-BIRD", Ben-Hur Winter, Filipino Settlement Coordinating Council of South Australia (FSCCSA) and Pastor Muhama Yotham, Burundian Community Amazing Grace Gospel Church were happy to share with us how they normally celebrate Christmas and what their plans are for this year.

Filipino Settlement Coordinating Council of South Australia (FSCCSA)

In general how is Christmas celebrated in your community?

For Filipinos Christmas time is celebrated with family, friends and community through gift-giving and carolling in people's homes in the days leading up to Christmas Day. During the 10 nights before Christmas a Mass is celebrated called 'Simbang Gabi (or Night Mass) in the various churches and parishes around Adelaide, with Misa De Gallo (midnight Mass) as well as Noche Buena (Christmas fare) on Christmas Eve. Simbang Gabi is a tradition that is still alive today. It is said to have begun around 1669 as a gesture of thanksgiving for bountiful crops. The colourful parol or ornamental star lantern symbolic of Panunuluyan (nativity procession) is also an important part of Filipino Christmas Tradition. Often handmade and hung to decorate the church as well as family homes, the emblematic star design of the parol evokes the Star of Bethlehem that guided the Three Kings to the manger.

As a community how did you celebrate Christmas in 2019 and where was it held?

In 2019 members of the SA Filipino community in Adelaide attended its annual Family and Friends Christmas Picnic at the Glover Reserve and playground on a rather cold Sunday afternoon last December. The community gathered to celebrate the spirit of Christmas with a hearty Filipino lunch, carolling, games, Zumba dancing, social activities and gift giving for all by Father Christmas.

What were the highlights of your 2019 Christmas celebration?

Around 100 people attended the picnic celebration to spend quality time together over the Christmas Season which was enjoyed by all seeing as Christmas Day for most is usually spent with immediate family and loved ones.

What are you planning to do for Christmas for 2020?

Due to the health concerns that 2020 has brought about particularly with regards to the welfare and well-being of community members, unfortunately the picnic will not go ahead this year. Instead, a more intimate Christmas Lunch get together is planned as a better fit for the year's end.



How are plans progressing?

Preparations are going well thank you. People are looking forward to coming together in the Filipino ‘bayanihan’ tradition which is embodied by togetherness, strength and community. It’s a great way to finish the year on a more positive note.

What is going to be the highlight of this year’s Christmas celebration?

The highlight will be seeing community members come together

particularly because the pandemic has made this difficult during the year, however most member groups have organised lunch/dinner celebrations at their own choice of venues throughout the festive season.

Where is it going to be held and how are you going with numbers?

The Christmas Lunch and get together is scheduled to be held at the MCCSA Community Hall on Saturday 19 December from 11am-1pm.

What’s your Christmas message to our CALD communities?

With the recent concerns surrounding our health and well-being, the SA Filipino-Australian community would like to wish everyone a safe holiday season. Merry Christmas and a happy, healthy, prosperous new year to all. Maligayang Pasko at Manigong Bagoong Taon!



CALD Communities *Celebrating Christmas*

Russian Women's Association of South Australia "FIRE-BIRD"

In general, how is Christmas celebrated in your community?

The majority of Russians are adepts of the Russian Orthodox Church, which is one of the autocephalous Eastern Orthodox Christian churches. As all Christians, Russians celebrate the birth of their God and Savior, Jesus Christ, but they celebrate it on 7th of January. Before that, Orthodox Christians attend Church for the Christmas service on evening January the 6th and the next day, on 7th of January they have family dinners in which friends can also be invited. Also, there is a 40-day Christmas Lent, which starts 28th of November. During this period, people are not allowed to eat animal-based products, except from fish.

However, the most important aspect of such preparation is personal development/moral qualities improvement, which includes doing good deeds, charity work and praying.

As well as Australian Christians, Russian people decorate their houses and Christmas trees in the beginning of December, but they keep them

longer through to Christmas, New Year, Orthodox Christmas up until Baptism (19th of January).

There are differences which were adopted from Slavic Pagan mythology. For example, instead of Santa Claus Russians have Father Frost. He has different appearance, instead of Santa Claus' suit he wears red (sometimes blue) long coat with fur lapels, and traditional Russian felt boots (valenki). Father Frost doesn't come with elves or reindeers but with his granddaughter Snegurochka and forest animals (hairs, squirrels, foxes).

In the Russian Church in Russia as here in Adelaide, Russians perform a nativity play. Another Christian tradition is Carols. Russian Carols have a long history. They existed in Pagan times but then were transformed under Christian influence. Adults and kids come to houses, sing songs, wish prosperity and happiness to family and in return they get small presents – lollipops and other sweets. Here in Adelaide members of Russian Church Choir can come to your house with Christmas Carols.

Another Russian tradition is Christmas fortune-telling. This tradition was also adopted from pagan ancestors, and the best way to foresee the future is the time after Christmas until Baptism (from 6th of January to 19th of January).

Russians love Christmas and Festive Season as it is a time when they can slow down a little, catch up with their family and friends and celebrate together.

As a community how did you celebrate Christmas in 2019 and where was it held?

With our community we went to a restaurant and celebrated Festive Season.

What were the highlights of your 2019 Christmas celebration?

The previous year we celebrated our achievements. We did very well as an Organization, we are well established in our community and we hope we are trusted and respected. We got a lot of new members; we think we did our best to work for community and our State. We took part in Multicultural Festival 2019, we made a Documentary about the Russian Church for The History Trust. We



also took part in the History Festival. Our program for Carer's Retreat members of our community were very successful. So, as you see we worked hard and were rewarded and praised by our community. We think this was a good reason for celebrating.

What are you planning to do for Christmas for 2020?

We hope we will be able to gather for picnic in some nice place. This year was different for us as an organization, as was the State, the country and the whole world. Everything will depend on Covid-19 restrictions. We'll pray and hope that we'll manage to celebrate somehow, somewhere....

How are plans progressing?

Covid-19 is ruling our lives and plans today. As an organization, we are ready. We have our members, our willing and our spirit to celebrate.

What is going to be the highlight of this year's Christmas celebration?

Resilience, Spirit, Trust. Despite the difficulties, we stand together and we stand strong for our people, organization, State and Country.

Where is it going to be held and how are you going with numbers?

I think you'd better ask Covid-19. Whatever is allowed, we'll follow restrictions...

What's your Christmas message to our CALD communities?

Stay strong, be ready, don't panic and pray to God.





CALD Communities

Celebrating Christmas

Amazing Grace Gospel Church – Burundian Community in SA

In general how is Christmas celebrated in your community?

When it's Christmas usually we will have our morning service at the church which starts around 10am and finishes around 12.30 and then we'll have a short lunch. Other people celebrate with their families but for us we come together as a community in our church hall and usually also invite family friends.

What were the highlights of your 2019 Christmas celebration?

Last year our main highlight was taking the kids to the park after church service to give them opportunity to play. After that we went back to the church, there was lot of food, singing and dancing.

What are you planning to do for Christmas for 2020?

This year like most other years Christmas will be celebrated at the Amazing Grace Gospel Church Centre. It's very multicultural with people from different background

joining us. This year because of COVID-19 and its restrictions we won't be going to the park we'll stay at our church which has a big space outside and maintain social distancing as stated in our current COVID safe plan. People can stay outside and connect on our YouTube live streaming platform.

This year is going to be special as we tried planting our maize targeting the Christmas Season. So this year we are going to have free and shared maize on Christmas.

Who provides the food for celebrating Christmas at your church?

We encourage everyone to bring food. Mostly Christmas is celebrated with food so we tell our members that whatever they could have prepared to share with their family to bring and share with the community and the good thing is we have someone responsible for coordinating and making sure people don't make too much of the same kind of food but rather evenly prepare a variety of dishes.

Do you give each other gifts like Christ kindle for Christmas?

For us we don't do that, where possible we collect some money and support families back in Burundi. In Africa many families are struggling financially, and even in Christmas they might not be able to afford a meal, so many members of our church try to support families and relatives in need.

What's your Christmas message to our CALD communities?

Even though we like to enjoy and celebrate, it is very important to make sure we won't be the cause of spreading COVID 19. Let take this time as an opportunity to show mercy to other people in need. Many families are doing harder especially in third world countries, it will be good if each individual can choose to help one family, and 20 dollars can go a long way in supporting a family.



Muhama Yotham, Minister at Amzaing Grace Gospel Church is looking forward to harvesting the maize for the coming Christmas celebrations.

Launch of multi-lingual campaign materials by Crime Stoppers SA

As part of our efforts to encourage all South Australians to come forward with information about unsolved crimes and suspicious activity, we are supporting the “It’s what you know, not who you are” initiative, which comes in some of the nation’s most common languages. Available in Arabic, Chinese (Traditional and Simple), Greek, Hindi, Italian, Mandarin, Punjabi and Vietnamese.

The materials help to encourage people from culturally and linguistically diverse communities to share what they know with Crime Stoppers.

Crime happens across all different cultural backgrounds, which is why we want people to know that we are here for everyone. Even though some people might come from countries that are war-torn or have an embedded distrust of police and authority, we are an independent program that acts as a trusted link between the community and police for anyone with information about unsolved crime and suspicious activity.



New myGov videos in other languages

How to use the web myGov Australia in Languages

A new myGov video is now available in languages other than English to help customers who don't yet use myGov to access government services online.

The videos are accessible on the myGov Australia channel of YouTube.

Simply type 'myGov Australia + enter the language required (e.g. 'myGov Australia Arabic').

The videos are available in two Indigenous languages, Djambarrpuyngu and Pitjantjatjara, as well as Arabic, Assyrian, Cantonese, Chaldean, Dari, Kurdish (Kurmanji), Mandarin, Persian (Farsi) and Vietnamese



NDIS Community Connector Program – Port Adelaide Enfield

Understanding and accessing the National Disability Insurance Scheme (NDIS) is not always easy. The MCCSA is supporting people from diverse ethnic backgrounds on their journey with the NDIS.

Supported by the National Disability Insurance Agency (NDIA), the MCCSA has been subcontracted by the Federation of Ethnic Communities Councils of Australia (FECCA) to provide assistance to culturally and linguistically diverse South Australians around their engagement with the NDIS.

In the past few months, MCCSA facilitated several information sessions about the NDIS and assisted a number of people with disability, as well as their families and carers.

NDIS information sessions were tailored to the needs and interests of each community group, taking into account their languages, locations and content preferences. Information sessions included a review on what a disability is, an introduction into the NDIS, as well as Early Childhood Early Intervention.



Each session also provided time and space for one-on-one conversations. Every activity was complemented with a variety of in-language resources from across the sector, and direct connections to NDIS partners in the community.

Equally, MCCSA has been vocal around community access gaps and challenges, making sure that community members' concerns and experiences are being acknowledged and taken into account by the NDIA, NDIS partners, and other stakeholders in the community.

The project will continue until June 2021, however MCCSA is set to expand its role in the disability space to keep supporting culturally and linguistically diverse people, to celebrate their contributions and achievements, and to further cement the message of inclusion and diversity.

For further information about our work in the disability area please contact Hanaa Grave at hanaa.grave@mccsa.org.au or 82134611



Community Connectors

Support for multicultural people with disabilities

MCCSA AGM 2020

Due to the COVID -19 restrictions that were in place MCCSA Annual General Meeting was held on 26th November 2020 via Zoom.


The MCCSA Board and Staff would like to thank our community leaders and stakeholders for gracing the well-attended virtual event.

We are very proud to present our Annual Report 2020. It has been an eventful year and we appreciate all the frontline workers, state and government officials for supporting and keeping our community safe.




Head to mccsa.org.au to view our 2019/2020 Annual Report





Multicultural Communities Council of South Australia



COMMUNITY VISITORS SCHEME

1685 VISITS

EVENTS

- > SALA
- > INTERNATIONAL WOMEN'S DAY
- > REFUGEE WEEK ACTIVITIES
- > NARACOORTE SOCCER CARNIVAL

COMMUNITY TRANSPORT

26,378

KILOMETRES TRAVELLED

YOUTH EMPOWERMENT PROGRAMS

266 PARTICIPANTS

- > YOUTH DROP IN
- > ENGAGEMENT THROUGH SPORT AND MUSIC

HALL AND TRAINING ROOM USAGE

1,191 TIMES

PROJECTS

- > WASTE MANAGEMENT
- > AUSTRALIAN GAS NETWORKS
- > INTERCULTURAL YOUNG LEADERS
- > DISASTER RESILIENCE
- > ACTIVE AND CONNECTED COMMUNITIES
- > KICKSTART YOUR CHILD'S SUCCESS

ADVOCACY

- > ROYAL COMMISSION INTO AGED CARE QUALITY AND SAFETY
- > REVIEW OF THE SAMEAC ACT
- > REVIEW OF THE MY AGED CARE NAVIGATOR TRIAL.
- > REVIEW OF HEALTH PERFORMANCE COUNCIL MENTAL HEALTH IN SA - MONITORING ACCESS AND OUTCOMES REPORT
- > COVID 19 SUPPORT FOR CALD COMMUNITIES, STATE AND FEDERAL

PLAY GROUPS

MULTICULTURAL, KOREAN

SUCCESSFUL COMMUNITIES

16 SESSIONS

- > GOVERNANCE
- > LEADERSHIP DEVELOPMENT

COVID 19 SUPPORT

216 PARTICIPANTS

- > LIVE @ LUNCH
- > LIVE @ FIVE
- > HEALTH AND WELLNESS WEBSITE

MULTICULTURAL MEN'S GROUP

2 EVENTS

COMMUNICATION

- > MCCSA SEBI MONTHLY RADIO PROGRAM
- > COMMUNITY VOICES
- > SOCIAL MEDIA
- > WEBSITE

MCCSA SOCIAL SUPPORT PROGRAMS

- > IRANIAN POETRY GROUP
- > ARMENIAN ART GROUP
- > RUSSIAN ART GROUP
- > SPANISH SPEAKING ART GROUP
- > KOREAN ART GROUP

AGEING

- > AGEING WELL NETWORKS
- > KNOWING YOUR RIGHTS PROGRAMS - MACEDONIAN, LATVIAN, BOSNIAN, UKRAINIAN COMMUNITIES

CARERS RETREATS

17 RETREATS

RECONNECT

72 CLIENTS

For a more detailed annual report visit www.mccsa.org.au

MCCSA Board & Staff End of Year Get-Together 2020

With restrictions being eased MCCSA Board and staff got together for our annual end of year celebration at 113 Gilbert Street Adelaide.

We invited our AGM's award recipient to join us for the end of year event so we can officially present them with their awards.

MCCSA's Chairperson Ms Miriam Cocking thank the board and staff for the wonderful work they do throughout the year.

She then proceeded to hand out the awards to it recipients.

Award recipients were as follows;

Mr Dilip Chirmuley – MCCSA Life membership award

Sidney Jamieson – (MCCSA Community Transport Volunteer) – Long Service Award

Bernard (Berni) Morellini (MCCSA Community Visitor Scheme Volunteer) - Outstanding volunteer of the year award



TOP: MCCSA Chairperson Miriam Cocking pictured with Berni Morellini.

MIDDLE: MCCSA Chairperson Miriam Cocking pictured with Dilip Chirmuley and his wife..

BOTTOM: MCCSA Chairperson Miriam Cocking pictured with Sidney Jamieson

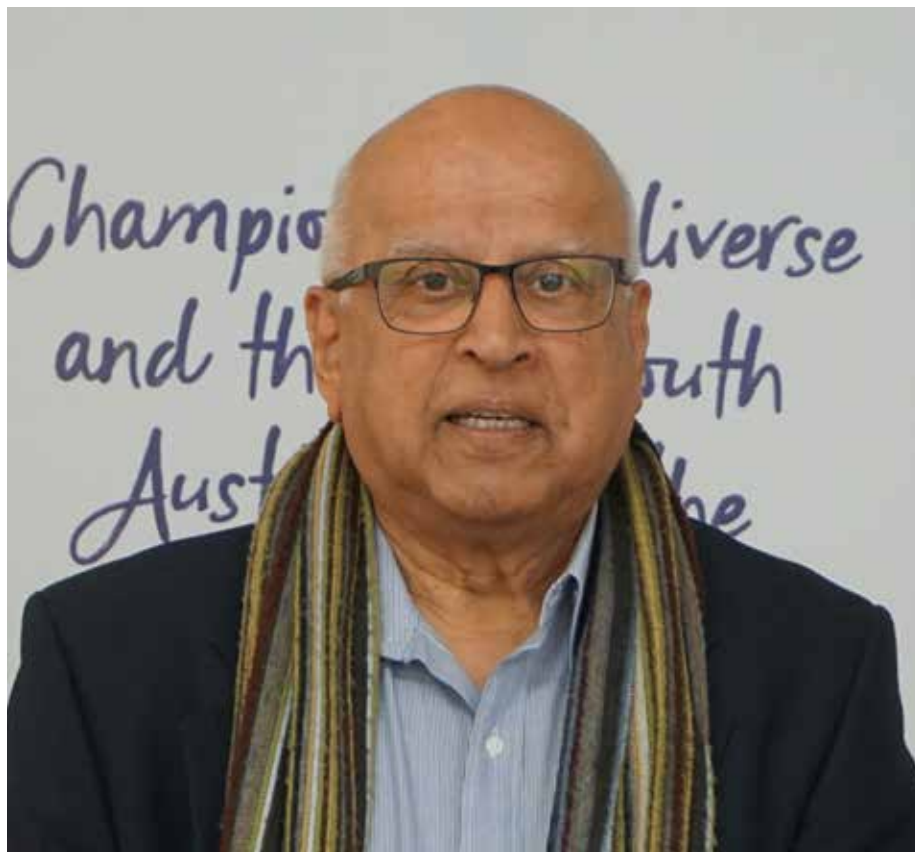
MCCSA awards Mr Dilip Chirmuley with life membership

It is with great pleasure that the board and management of Multicultural Communities Council of SA (MCCSA) awarded Mr Dilip Chirmuley life Membership of the MCCSA.

Dilip Chirmuley arrived in Australia, February 1966 to undertake post-graduate studies in Public Health Engineering at University of New South Wales. On completion of his master's degree he has held a number of positions in both Sydney and Melbourne eventually settling in Adelaide and having a long career lecturing at the SA Institute of Technology (later University of SA) in water engineering.

Dilip had always been interested in helping others. He became actively involved in the welfare of people of No-English Speaking Backgrounds on arrival in Adelaide.

In recognition of his work the SA Government appointed Dilip to the SA Ethnic Affairs Commission (1983-85). Dilip joined the MCCSA in 1999, where he has been treasurer, Secretary and Vice-President.



Dilip said he is really thankful to MCCSA board for honoring him with a life membership. "I worked here continuously from 1999 to 2013 and I enjoyed what I was doing. He said his role at MCCSA helped him in other engagements he was involved in.

According to Dilip what he appreciate most working at MCCSA

over all those years was "all the benefits that goes to the community because of the work that MCCSA does, I feel very happy being part of that" said Dilip.

Whilst on the MCCSA Board, Dilip has served on 27 Committees representing the needs of multicultural communities.

MCCSA Volunteer Driver Sidney Jamieson receives long service award



After thirteen years of volunteering in our community transport service Sidney Jamieson commonly called Sid is leaving the MCCSA for a quiet retirement to spend more time with his family and his hobby of fishing.

As a sign of our gratitude we presented Sid with MCCSA's long service award during our recent virtual Annual General Meeting held via Zoom due to COVID restrictions.

Sid has not only been a volunteer but a friend of the MCCSA. Sid devoted

the past thirteen years driving our diverse community groups to various destinations across Adelaide. Every time he walks into our office he puts a smile on our faces. We've heard from the community groups how well he drives, how friendly, helpful, and easy to talk to he has been. We were so lucky to have Sid.

After receiving his award Sid said he has learnt a lot driving so many different communities over the years. "Look it was nice experience, I met with people from different nationalities, drove to beautiful places across Adelaide and shared the best food prepared by these communities, it was lovely".

Sid has been an inspiration to us, a dedicated volunteer who we will miss dearly.

The award we gave Sid symbolizes our appreciation for the great service Sid has rendered to MCCSA and it is our way of saying a big thank you from our Transport Team for a dedicated and caring voluntary service to our CALD communities.

Sid is a complete natural and we wish him all the best in his future endeavours.



Official Launch of Multicultural Men's Group of SA

MCCSA's Multicultural Men's Group of South Australia was officially launched Saturday 10 October 2020 at the Apex Park Reserve on Burbridge Rd, West SA.

The event was attended by state government officials, service providers and community leaders. Official guests in attendance were Brad Chilcott (Executive Director of White Ribbon Australia), Mr Matt Cowdrey MP (Member for Colton, representing the Hon Jing

Lee), Mr Michael Coxon (Mayor of West Torrens), The Hon Joe Szakacs (Assistant Shadow Minister for Multicultural Affairs), The Hon Zoe Bettison (Shadow Minister for Trade and Tourism), Gary Wittert (Director, Freemasons Centre for Men's Health and Wellbeing, University of Adelaide), The Hon. John Dawkins MP and Helena Kyriazopoulos (CEO MCCSA).

In his welcome address Rob Klose speaking on behalf of the Men's group welcome guests and thanked the MCCSA and the board for supporting the formation of the group.

Rob spoke about the main aim of the group which he said is to advocate and support men from Australia's diverse and multicultural backgrounds by providing them a 'safe space to feel welcome and share their stories in confidence'.

Guest Speaker, Executive Director of White Ribbon Australia, Brad Chilcott thanked the event organizers for the Men's group initiative and talked about the important role men have to play towards ending violence against women. He said it's time to put the elimination of violence against women firmly on the agenda in our communities and men should



take the lead on preventing men’s violence against women, promoting gender equality and being willing to self-reflect and change if change is required.

Member of Multicultural Men’s group of SA and founding member of Nokutenda Disability Foundation Kudzai Nyamande talked about stigma in mental health citing various myths associated with mental health. Talking on behalf of the Multicultural Men’s group Sidique Bah, communications officer at MCCSA spoke briefly about how the group started. “I was asked to organize an event for men’s health week by our CEO in 2019. I didn’t think much of it. For me I was just going to invite

men from our community groups and have a chat with them about their health”.

Sidique said feedback from the Men’s health forum led to the formation of the men’s group. He said the group is open to all South Australian men. “We will be reaching out to men from diverse communities, connect them with men from other communities and support them to organize social well-being activities and also advocate on their behalf as and when necessary”.

Before introducing the steering committee for the multicultural men’s group a short video sent by the CEO of the Australian Men’s Health Forum Glen Poole was played

to the audience. Glen thanked the event organizers and talks about the importance of men and boys getting together to talk about their health.

The steering committee for the group was introduced to the event attendees and the group was officially launched with Isaac Zangre, Member of the Multicultural Men’s Group and Guest Speaker Brad Chilcott pulling up the Multicultural Men’s group display banner.

It was a diverse gathering with community leaders from African, South American, Asian and mainstream Australian background in attendance.



MCCSA's Multicultural Men's Walk

Multicultural Men's Group of SA hosted their first one hour walk, starting off from Cobbler Creek, Salisbury East at 10am Saturday 12 December 2020.

The weather wasn't too hot and the conversations were great. The group walked the 'Mia Tappa Circuit' walking trail a 2.2 km loop hike. It was a great opportunity for Australian men from diverse cultural background to meet, talk, walk and support each other in a regular and healthy way.



Sidique Bah from MCCSA said the walk was “really therapeutic, we walked and talk about different things. It was a good experience to walk and talk. We look forward to doing more walks in 2021”.

Mia Tappa means ‘food pathway’ in Kurna language. The trail reveals aspects of the Kurna culture including the importance of plants for food, medicine or textiles, and the importance of local animals in Kurna life.

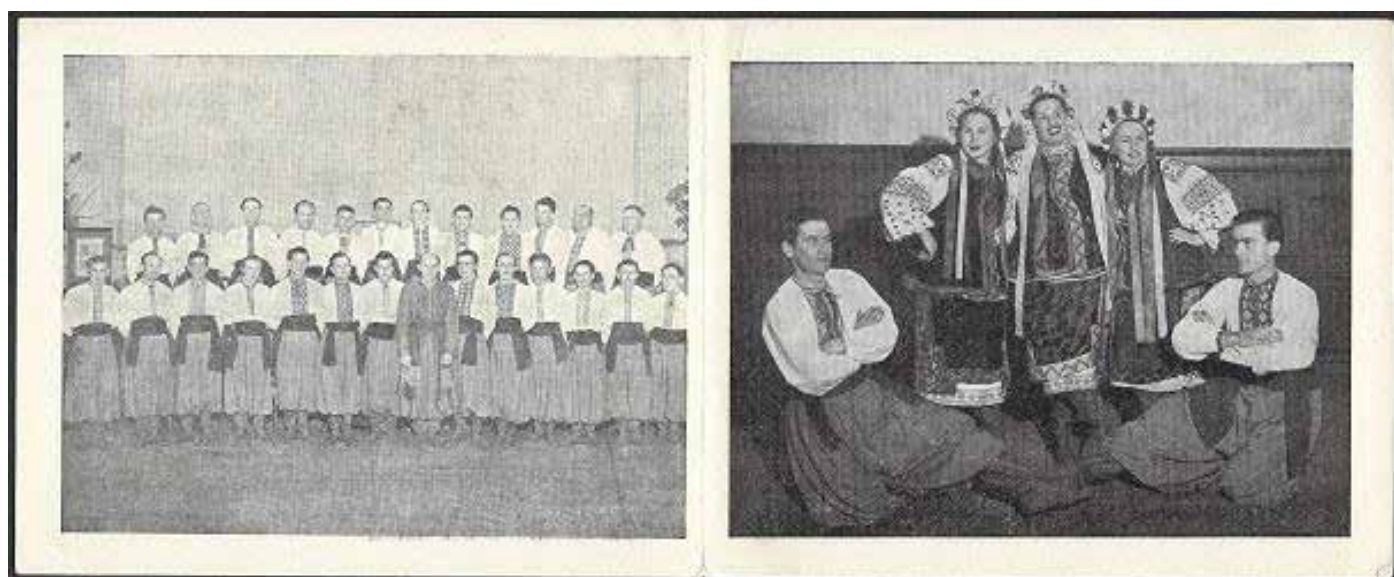
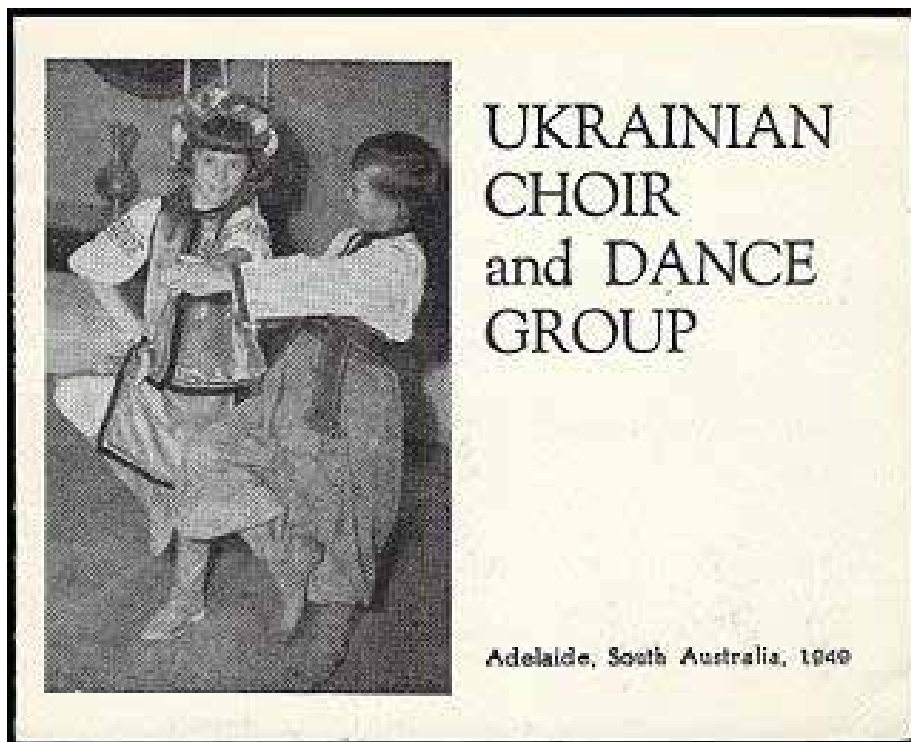
Valuable Discovery – a souvenir card printed in 1949

We came across this notice from Association of Ukrainians in SA's Newsletter April to June 2020 and thought it worth sharing.

'I was recently shown a card titled Ukrainian Choir and Dance Group. It was printed in 1949 in Adelaide. The card belongs to V. Jakovlev.

The date on the card is significant. It was in May 1949 that the first ships carrying large numbers of Ukrainian immigrants docked in Port Adelaide. Furthermore, the Association of Ukrainians in South Australia was formed in 1949 as were the first choir and dance ensembles.

Can anyone identify the dancers?"



How to develop easy English materials for CALD people with disabilities...?

Did you know...

Almost no research literature exists about developing easy English materials for Australians with disabilities of CALD backgrounds?

Yet, we know hundreds of agencies have created or commissioned them! If this is you or an organisation that you know of, then we really want to hear from you.

By completing a brief *survey* you can help gather the wisdom of hundreds of agencies that have worked closely with people with disabilities from CALD communities for decades. We believe collecting practitioner wisdom is a vital step for identifying current practice and working towards evidence-based practice. We also believe your work should be recognised.

<https://www.surveymonkey.com/r/V6GJCF6>

Who are 'we'?

We are every State and Territory Ethnic and Multicultural Communities Council across Australia. Together, we are delivering the national

Speak My Language: Diverse Communities living well with a disability program.

The Speak My Language (SML) program involves CALD and Indigenous people with disabilities and their supporters sharing real stories and experiences in up to 25 languages via podcasts, broadcasts and online. These stories will be about living well with a disability and will inform people about resources available in the community to support people to live well.

Like you, we wanted to ensure people of CALD backgrounds with disabilities have accessible and culturally appropriate information about their rights and choices. Developing easy English materials, and considering their translation

into languages other than English was an important component. In the process we, and our Advisory Group, discovered this surprising gap in research.

We KNOW the sector has wisdom. And as peak bodies for multiculturalism in each State and Territory, we believe it is essential that this wisdom is gathered, recognised, celebrated, and built upon.

So go on! Fill in the survey. Pass it on to every agency and program you know of.

We will share the findings broadly and acknowledge every agency that contributes.

We look forward to learning from you. And we look forward to sharing the results.

Survey closes on 15 February 2021.

<https://www.surveymonkey.com/r/V6GJCF6>

The Speak My Language program is funded by the Australian Department of Social Services.



SOUTH AUSTRALIA'S HISTORY FESTIVAL



Showcase your place in South Australia's history

South Australia's History Festival is an annual statewide event exploring South Australia's history. One of the state's largest community events, the History Festival promotes our historical collections, places and stories through hundreds of events ranging from talks to tours – walks to workshops and exhibitions to special events.

The History Festival happens throughout May each year and any group or organisation can take part by presenting an event. The 2021 festival theme is 'change', and event organisers are invited to explore this idea in their events.

South Australia's History Festival is your opportunity to share your community's history with the public. In 2021, the Multicultural Communities Council of SA (MCCSA) is partnering with the History Trust of South Australia to help MCCSA member organisations get involved in the History Festival.

As part of the partnership, we are offering four MCCSA member organisations a free event registration. If you have a great idea for an event, contact Multicultural Communities Council to discuss your plans.

For more information about taking part, visit the History Festival website: <http://historyfestival.sa.gov.au>

The Migration Museum is keen to host community events during the History Festival. The museum has a multipurpose space (the chapel) which seats between 25 and 40 people and is great for events including talks, workshops, concerts and even cooking demonstrations (it includes a small kitchen).

The courtyard is a great venue for outdoor events. The museum is happy to support groups with free use of these spaces, but you'll need to make sure you meet with museum staff to discuss the proposed event and potential dates before you get too far with your planning. Please contact Suzanne Redman on 8207 7570 or sredman@history.sa.gov.au

Multicultural Grants Program 2021-22 open for applications

Applications are now open for the 2021-22 Multicultural Grants Program. There are two funding streams to apply for, Expand Together Grants and Stronger Together Grants.

Expand Together Grants

To assist multicultural organisations to expand their capacity by upgrading community facilities or purchasing equipment to meet the needs of culturally and linguistically diverse communities. Applications close 28 February 2021.

Stronger Together Grants

To assist multicultural organisations to develop and deliver projects that strengthen families and communities and improve their access to better social and economic opportunities. Applications close 31 January 2021.

COVID-19 has made this a really difficult year for community organisations so I encourage you to apply for this support. Please don't hesitate to contact my office on 8243 0062 if you have any queries or need any help.



Sierra Leone Women's Association of

SiLWASA as part of the Fostering Integration Project funded by the Department of Home Affairs showcased their passion and skills for clothes, hair braiding and head wraps, beading, weaving, basketry at Para Hills Community Hub 22 Wilkinson Road Sunday 13th December 2020.

They also opened their African Kitchen sharing food/recipes with African music and dance.

Constance Jones, Chairperson for SiLWASA said the project which aims at empowering African Women

to participate and share their rich culture with the wider Australian Society exposed the women to work very closely with leaders from various women's groups and community centre managers to help facilitate delivery of workshops with skilled facilitators for each topic.

“Our aim is to increase social participation, improve English Language and understanding of Australian Values. The project linked women into culturally appropriate programs which enabled them to showcase their wealth of skills and teach/share knowledge with the wider Australians about the way they do it. In turn, the women also learnt about Australian Values, volunteering, community capacity building and

improving their English Language skills” said Constance.

According to Constance many of these women came from backgrounds where they were trained in life skills by their own parents or grandparents to survive. They were trained to use their hands to make things and sell in order to support their families. However, they report that they are no longer able to use those skills any longer and feel they are losing their culture. They need jobs that are culturally appropriate which in turn will make them proud and maintain their culture. “We need to create dynamic programs for refugee migrants to maintain their cultural identity”.



SA (SiLWASA) Cultural Exhibition

In relation to parenting issues Constance points out that women are also dealing with intergenerational and child protection issues as lack of exposure and respect from their children contributes to their issues with settlement. She said most women complain that because they are not educated enough, their children do not feel they have skills to contribute to society and disrespect them.

“They need to be empowered to participate in Australia and Civic life”. Constance said this in turn will empower the Women to feel integrated and reduce isolation. It will help them to adapt to the Australian way of life as they might be able to create culturally appropriate businesses and gain employment.



SiLWASA chairperson Constance Jones pictured with Zoe Bettison, Member for Ramsay

Meet our new NDIS and Disability Project team

Hanaa Grave

DISABILITY PROJECTS COORDINATOR

For the past seven years Hanaa has worked in community development, casework and advocacy, alongside refugees and asylum seekers in Australia and internationally.

Before joining the MCCSA in August 2020, Hanaa worked for the Ethnic Communities' Council of Victoria (ECCV) as a disability projects coordinator.

Hanaa migrated to Australia from Germany in 2017. Her strong

professional commitment to social inclusion, social justice, and safe and dignified migration originated in her own family's migration experience to Germany from Estonia and Lebanon.

Hanaa holds a Bachelor of International Studies from Deakin University and a double Master degree in History, Sociology and Anthropology from the University of Erfurt in Germany and the University Saint-Joseph in Lebanon.



Judy Owuor

PROJECT OFFICER

A proud mum to two adorable girls Judy Owuor recently joined Multicultural Communities Council of South Australia (MCCSA) as a Project Officer, within the NDIS Community Connector Program.

Since migrating to Australia, Judy has worked extensively within the disability sector as a Disability Support Officer, Team Supervisor, Disability Accommodation and most recently as an NDIS Customer Engagement Officer.

Besides working in disability she is a volunteer in her community. As Secretary of the Kenyan Association of South Australia, Judy work extensively with her community, building networks and collaborating with government organizations, the Kenyan Consulate in Canberra and other similar organisations.

Judy looks forward to making a valuable contribution to the MCCSA by drawing heavily on her experience in community, disability and the NDIS sector.



Cancer Council SA values and respects diversity

My name is Shahla and I am the CALD Project Officer at Cancer Council SA.

As a migrant, I understand some of the challenges of settlement, and barriers that might prevent us from taking care of ourselves regularly and as a priority in our hectic life.

If we look at the cancer related statistics, it shows that breast, lung, liver, and bowel cancer were the most diagnosed cancers among CALD communities in Australia. Though some of them can be found early through screening, statistic shows that the participants of CALD communities were low due to diverse reasons. Some of the main reasons were low English language knowledge,

complex instructions, and fatalistic views about cancer.

Knowing the fact that one in five South Australians affected by cancer are from culturally diverse backgrounds determines Cancer Council SA to create a closer relationship with communities, hear the hidden barriers and help them to overcome them by increasing their knowledge and providing support.

I believe that we are very lucky in Australia that our government, provides us three free cancer screening programs nationally that can reduce cancer mortality. Therefore, regular self-check-up, participation in screening, and adopting a healthy lifestyle would

be the first steps to show our appreciation.

At Cancer Council SA we understand that different communities have different requirements to overcome barriers, so I am here to help. My main role is to understand hidden barriers, enhance or update knowledge, introduce Cancer Council SA's free support services and help migrants to benefit from available resources and supports.

Please feel free to contact Cancer Council SA via 13 11 20 for your general inquiries or contact me directly via number +61 8 8291 4147 or email address of srostami@cancersa.org.au.



MCCSA SERVICES



MCCSA CHSP Transport Service

Our transport service is well used and helps many of our frail and older members of the CALD community go on excursions and attend Day Centre programs. Community groups use our service for trips to places of cultural or tourist interest. This provides their members with an opportunity to socialise in comfort and tranquility.

To hire our buses at very reasonable rates, call us on 8213 4608 or email sidique.bah@mccsa.org.au

The languages currently spoken by our volunteers are: Bosnian, Cantonese, Croatian, Filipino, French, German, Greek, Hungarian, Hindi, Italian, Japanese, Latvian, Mandarin, Lithuanian, Polish, Russian, Spanish, Ukrainian, Hungarian, Serbian, Swedish, Danish, Arabic, Farsi (Persian), Dari and Vietnamese.

If you would like to make use of our service or join our team of volunteers call **Isabella Bracco** at MCCSA on 8213 4604



Carer Support Group

MCCSA in Collaboration with Carers SA are supporting carers in their caring role with a new program. The Carers Support Group provides information about wellness and self-care and opportunities to connect and support one another.

For more information, please contact: Florine.fernandes@mccsa.org.au or call 83455266.



MCCSA Community Hall

A diverse range of community groups use our 50 seating capacity hall for meetings, forums, workshops and functions **Free of charge** if they are a registered MCCSA community group. A donation is appreciated for rubbish removal and electricity.

The Hall is also available for commercial hire.

For more information in accessing the MCCSA hall call June on 8345 5266 or email mccsa@mccsa.org.au for terms and conditions of use.



Healthy Ageing

MCCSA supports community members to stay connected and receive the support and information they need as they age. In addition to advocacy and forums we also participate in research such as the CALD age friendly SA report and our current collaboration with Flinders university on social support. MCCSA supports three art groups for members of the Korean, Spanish speaking and Russian speaking communities. We have a digital training program for seniors. In 2018 and 2019 we are facilitating 'Knowing your Rights' in collaboration with OFTA for ethnospecific community organisations for older people. Cooking videos and interviews with senior cooks from our very successful 'Food from our Homeland' project will be on our website later this year..

For any enquiries on this program please call Kristin on 8213 4603 or email kristin.johansson@mccsa.org.au.



Reconnect Services

MCCSA provides individual support to young people that are having trouble at home. This is an early intervention program to prevent youth homelessness and can provide information, support, counseling, mediation, practical support, and group activities.

For further information or referral please contact Megan megan.hill@mccsa.org.au or Savvy savvy.ouk@mccsa.org.au on 8213 4605.



Community Visitor Scheme

Our Community Visitor Scheme facilitates one-on-one friendship between older people in residential care and community visitors speaking their language. They visit at least twice a month to build relationships. They add some warmth to the life of our senior citizens by reducing their loneliness and isolation.



Successful Communities

Successful Communities is focused on providing individual support to vulnerable and emerging culturally diverse communities and their members.

For further information please call Megs Lamb on 8213 4610 or email megs.lamb@mccsa.org.au



Kickstart your child's success program

Raising children and effective parenting without support can be difficult. To better understand the challenges of childhood, safeguards, services and support available in Australia for your family, MCCSA is introducing a new program Kick-start Your Child's Success. This program will run from 2018-2021 and help mothers of preschool children to provide a successful start for their children. Fathers and grandparents are also welcome to attend.

If you speak Spanish, Swahili, Dinka, Hindi, Gujarati, Punjabi, Arabic, Persian, Hazaraghi, Mandarin, Khmer and Japanese at home and have preschool children, we have got you covered.

For more information contact **Lena Gasparyan** on 8213 4606 or **Lena.Gasparyan@mccsa.org.au**

Justice of the Peace

MCCSA also offers the services of a JP, to book an appointment, call the office on 8345 5266.



Youth Engagement

MCCSA runs a range of youth engagement activities in multiple locations across the northern and western suburbs that incorporate soccer, hip hop, employment support, intercultural connections, leadership development and event planning

For more information please contact **Ukash** or send an email to **ukash.ahmed@mccsa.org.au**

Going Places with MCCSA

If you are a registered community organization or a service provider join the MCCSA to organize outings, picnics, sightseeing tours and other social activities for our CALD seniors and people from our new and emerging communities.

Four Toyota Hiace buses are available on Mondays and Tuesdays including the weekend.

For more information email **Sidique.bah@mccsa.org.au**

COVID Marshals to Help Stop the Spread

From 21 August 2020, you must have a COVID Marshal if your business or activity is or involves any of the following:

- » Hospitality
- » Gyms and fitness centres
- » Indoor and outdoor sports clubs
- » Swimming pools available for public use
- » Social and community clubs
- » Religious or faith-based ceremonies
- » Supermarkets and hardware stores
- » Distribution centres
- » Businesses or activities that are required to have a COVID Management Plan.

If you fall into any of the above categories, you must have either a nominated or a dedicated COVID Marshal.

For more information visit **www.covid-19.sa.gov.au/recovery/covid-marshals**

COVID Marshal Training

COVID Marshals must complete the online training course created by SA Health. The person in charge of their activity must be able to prove that their COVID Marshal(s) have completed this training, so that they can show this to an authorised officer if requested. The training will take approximately one hour to complete and it is a free online training course available at **<https://marshal.clickontraining.com.au/>**

Interested in volunteering for MCCSA?

Visit www.mccsa.org.au for more info or contact us on 8345 5266.

www.mccsa.org.au



Multicultural Communities Council of SA Inc.

113 Gilbert Street, Adelaide Phone 8345 5266 www.mccsa.org.au

Compiled and edited by Sidiq Bah, MCCSA Communications Officer